

## National School Lunch Program Meal Pattern

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<b>Milk*</b> -Daily/ Weekly minimum-maximum**	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Meats/Meat Alternates (MMA)</b> -Daily/ Weekly minimum-maximum**	8–10 oz equivalent/week** (1 oz daily minimum)	9–10 oz equivalent/week** (1 oz daily minimum)	10–12 oz equivalent/week** (2 oz daily minimum)
<b>Vegetables (total)</b> -Daily/ Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Beans, Peas &amp; Lentils (BPL) Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
<b>Fruits</b> -Daily/ Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Daily/ Weekly minimum- maximum** -At least 80% Whole-Grain Rich	8–9 oz equivalent/week** (1 oz daily minimum)	8–10 oz equivalent/week** (1 oz daily minimum)	10–12 oz equivalent/week** (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 – 850
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<b>Sodium</b> -Weekly average	≤1,110 mg	≤1,225 mg	≤1,280 mg
<b>Added Sugar</b> -Product Based Limits	◦ <b>Flavored Milk:</b> ≤10 grams per cup   ◦ <b>Yogurt:</b> ≤2 grams per ounce   ◦ <b>Cereal:</b> ≤6 grams per dry ounce		

\*Schools must offer at least two different types of fluid milk daily; one must be unflavored. Milk must be flavored or unflavored whole, reduced-fat (2%), low-fat (1%) or fat-free (skim).

\*\* Staying within the maximums helps with dietary specifications but are not required.

January 2026

## School Breakfast Program Meal Pattern

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<b>Milk*</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Fruits**</b>	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)
<b>Grains and/or Meats/Meat Alternates (MMA)***</b> -Daily/ Weekly minimum -At least 80% Whole-Grain Rich	7 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	350 – 500	400 – 550	450 – 600
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<b>Sodium</b> -Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg
<b>Added Sugar</b> -Product Based Limits	◦Flavored Milk: ≤10 grams per cup   ◦Yogurt: ≤2 grams per ounce   ◦Cereal: ≤6 grams per dry ounce		

\*Schools must offer at least two different types of fluid milk daily; one must be unflavored. Milk must be flavored or unflavored fat-free or 1% low-fat.

\*\*Schools may substitute any vegetables for fruits **one day a week**. Schools choosing to substitute vegetables for fruits on **two or more days a week** are required to offer vegetables from **at least 2 different subgroups**.

\*\*\*Schools may offer grains, MMA, or a combination of both to meet the minimum ounce equivalent requirements for the combined component.

## Exhibit A: Grain Requirements For Child Nutrition Programs<sup>1, 2</sup>

Color Key: [Footnote 5 = Blue](#), [Footnote 3 or 4 = Red](#)

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
<b>Group A</b>	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
<b>Group B</b>	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) <a href="#">Sweet Crackers<sup>5</sup> (graham crackers - all shapes, animal crackers)</a> Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
<b>Group C</b>	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
<a href="#">Cookies<sup>3</sup> (plain - includes vanilla wafers)</a> Combread Corn muffins Croissants Pancakes Pie crust ( <a href="#">dessert pies<sup>3</sup></a> , <a href="#">cobbler<sup>3</sup></a> , <a href="#">fruit turnovers<sup>4</sup></a> , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
<b>Group D</b>	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
<a href="#">Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</a> <a href="#">Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</a> Muffins (all, except corn) <a href="#">Sweet roll<sup>4</sup> (unfrosted)</a> <a href="#">Toaster pastry<sup>4</sup> (unfrosted)</a>	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

- <sup>1</sup> In the NSLP and SBP (grades K-12), and NSLP afterschool snacks, (effective July 1, 2025) at least 80 percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns, and in the NSLP/SBP preschool meals, at least one grains serving per day must meet whole grain-rich criteria.
- <sup>2</sup> For the NSLP and SBP (grades K-12), NSLP afterschool snacks, and CACFP, and NSLP/SBP infant and preschool meals, grain quantities are determined using ounce equivalents (oz eq). SFSP may determine grain quantities using grains/bread servings. Some of the following grain items may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
- <sup>3</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- <sup>4</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- <sup>5</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grains component in the SBP (grades K-12), NSLP afterschool snacks, CACFP, NSLP/SBP infant and preschool meals, and SFSP.

<b>Group E</b>	<b>Ounce Equivalent (oz eq) for Group E</b>	<b>Minimum Serving Size for Group E</b>
Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces) Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed) French toast Sweet rolls <sup>4</sup> (frosted) Toaster pastry <sup>4</sup> (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
<b>Group F</b>	<b>Ounce Equivalent (oz eq) for Group F</b>	<b>Minimum Serving Size for Group F</b>
Cake <sup>3</sup> (plain, unfrosted) Coffee cake <sup>4</sup>	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
<b>Group G</b>	<b>Ounce Equivalent (oz eq) for Group G</b>	<b>Minimum Serving Size for Group G</b>
Brownies <sup>3</sup> (plain) Cake <sup>3</sup> (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
<b>Group H</b>	<b>Ounce Equivalent (oz eq) for Group H</b>	<b>Minimum Serving Size for Group H</b>
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) <sup>6,7</sup> Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
<b>Group I</b>	<b>Ounce Equivalent (oz eq) for Group I</b>	<b>Minimum Serving Size for Group I</b>
Ready to eat breakfast cereal (cold, dry) <sup>6,7,8,9</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

- <sup>3</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP, NSLP afterschool snacks (effective July 1, 2025) or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- <sup>4</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- <sup>6</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
- <sup>7</sup> In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified. If the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified.
- <sup>8</sup> Effective July 1, 2025, cereals served in NSLP, SBP, and NSLP afterschool snacks must contain no more than 6 grams of added sugars per dry ounce.
- <sup>9</sup> Effective October 1, 2025, cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of added sugars per dry ounce. Prior to October 1, 2025, breakfast cereals served in the CACFP must contain no more than 6 grams of total sugars per dry ounce.

# Grains/Breads

United States Department of Agriculture requires whole grain-rich products to be offered in Child Nutrition Programs. Whole Grain-Rich means the grain content of a product is between 50–100% whole grain with any remaining grains being enriched. At least 80% of the total grains offered throughout the week must be Whole Grain-Rich with all remaining grains being enriched.

## Breakfast\*

Grades K–5: 7 oz min. equivalent/week (1 oz)

Grades 6–8: 8 oz min. equivalent/week (1 oz)

Grades 9–12: 9 oz min. equivalent/week (1 oz)

## Lunch

Grades K–5: 8 oz min. equivalent/week (1 oz)

Grades 6–8: 8 oz min. equivalent/week (1 oz)

Grades 9–12: 10 oz min. equivalent/week (2 oz)

## Grains Creditability and Whole grain rich determination:

### Does the product contain only Creditable Grains?

- Non creditable grains include: oat fiber, corn fiber, wheat starch, corn starch, and modified food starch (including potato, legume, and other vegetable flours)
- Grains in amounts < .25 oz equivalent (3.99 grams for items in groups A–G or 6.99 grams in group H) or <2% of the product formula do not need to be considered
- Non creditable grains in 100% Whole grain RTE cereal may not exceed 6.99 grams

Yes

No

### Are all grains in the product Whole Grain or Enriched?

- Grains in amounts < .25 oz equivalent (3.99 grams for items in groups A–G or 6.99 grams in group H) or <2% of the product formula do not need to be considered
- RTE cereal must be fortified, per FDA requirements

Yes



**Non Creditable**

### Is the product Whole Grain Rich?

- Grain content is  $\geq 50\%$  whole grain by weight
- Contains  $\geq 8$  grams of whole grain per oz equivalent serving (Groups A–G on Exhibit A)
- Product has the FDA whole grain health claim "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers"

No

Yes



**Creditable &  
Whole Grain  
Rich**

**Creditable — Not  
Whole Grain Rich**

\*Please note the minimum meal pattern requirements referenced reflect a 5-day week.

# Measurement References

## Volume Equivalents

1 Tbsp =	3 tsp	= 0.5 fl oz
1/8 cup =	2 Tbsp	= 1 fl oz
1/4 cup =	4 Tbsp	= 2 fl oz
1/2 cup =	5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup =	6 Tbsp	= 3 fl oz
1/2 cup =	8 Tbsp	= 4 fl oz
5/8 cup =	10 Tbsp	= 5 fl oz
3/4 cup =	10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup =	12 Tbsp	= 6 fl oz
7/8 cup =	14 Tbsp	= 7 fl oz
1 cup =	16 Tbsp	= 8 fl oz
1 pint =	2 cups	= 16 fl oz
1 quart =	2 pints	= 32 fl oz
1 gallon =	4 quarts	= 128 fl oz

## Equivalent Weights

16 oz =	1 lb	= 1.000 lb
12 oz =	3/4 lb	= 0.750 lb
8 oz =	1/2 lb	= 0.500 lb
4 oz =	1/4 lb	= 0.250 lb
1 oz =	1/16 lb	= 0.063 lb

## Scoop Sizes

6 =	3/8 cup
8 =	1/2 cup
10 =	3/4 cup
12 =	1/3 cup
16 =	1/4 cup

## Metric Conversion

To Change	To	Multiply By
Ounces (oz)	Grams (g)	28.35
Pounds (lb)	Kilograms (kg)	0.45
Fluid ounces	Milliliters (ml)	29.58
Cups (c)	Liters (l)	0.24

## Metric Equivalents

### by Weight

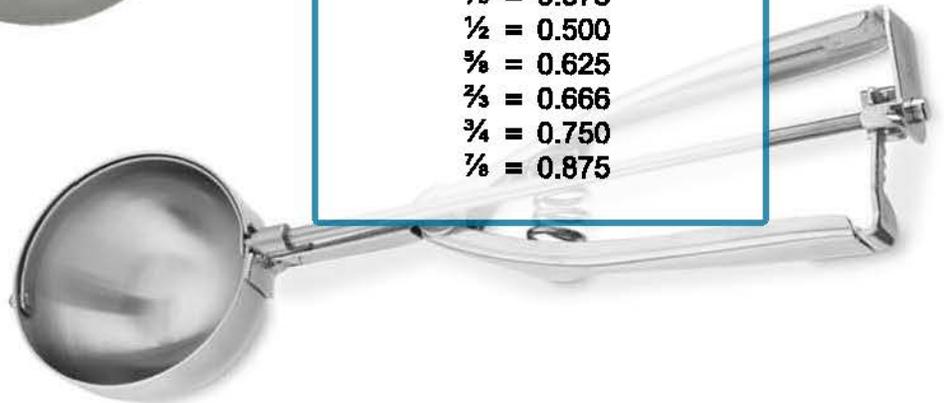
1 oz =	28.35 gm
4 oz =	113.4 gm
8 oz =	226.8 gm
16 oz =	453.6 gm
1 lb =	453.6 gm
2.2 lb =	1 kg

### by Volume

8 fluid oz =	236.59 mL
32 fluid oz =	946.36 mL
48 fluid oz =	1.42 L
33.818 fluid oz =	1 L

## Fraction to Decimal Equivalents

1/8 =	0.125
1/4 =	0.250
1/3 =	0.333
3/8 =	0.375
1/2 =	0.500
5/8 =	0.625
2/3 =	0.666
3/4 =	0.750
7/8 =	0.875



# Vegetable Subgroups

National School Lunch Program



## Weekly Vegetable Subgroups at Lunch

The NSLP meal patterns for grades K–12 require weekly servings of the five vegetable subgroups recommended by the [Dietary Guidelines for Americans](#). The chart below identifies common vegetables in each subgroup (dark green; red/orange; beans, peas and lentils; starchy; and other). Effective with school year 2024–25 (beginning July 1, 2024), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020–2025 Dietary Guidelines for Americans](#), changes the name of the previous “legumes (beans and peas)” vegetable subgroup to the “beans, peas, and lentils” vegetable subgroup.

### Dark Green

#### Fresh, Frozen and Canned

- Arugula
- Beet Greens
- Bok Choy
- Broccoli
- Broccoli rabe (rapini)
- Broccolini
- Butterhead lettuce (Boston, Bibb)
- Chicory
- Cilantro
- Collard Greens
- Endive
- Escarole
- Fiddle heads
- Grape leaves
- Kale
- Mesclun
- Mustard greens
- Parsley
- Spinach
- Swiss chard
- Red leaf lettuce
- Romaine lettuce
- Turnip greens
- Watercress

### Red/Orange

#### Fresh, frozen and canned

- Acorn squash
- Butternut squash
- Carrots (orange only)
- Cherry peppers
- Hubbard squash
- Orange peppers
- Pimientos
- Pumpkin
- Red chili peppers
- Red peppers
- Salsa (100% vegetables)
- Sweet potatoes
- Tomatoes
- Tomato juice
- Winter squash
- Yams

### Beans, Peas and Lentils

#### Cooked from dry, canned or frozen

- Black beans
- Black-eyed peas (mature, dry)
- Cowpeas
- Edamame
- Fava beans
- Garbanzo beans (chickpeas)
- Great northern beans
- Kidney beans
- Lentils
- Lima beans (mature, dry)
- Mung beans
- Navy beans
- Pink beans
- Pinto beans
- Red beans
- Refried beans
- Soybeans (mature, dry)
- Split peas
- White beans

Note: The beans, peas, and lentils subgroup does not include immature (fresh) beans and peas, such as green beans, green lima beans, and green (string) beans.

# Vegetable Subgroups

National School Lunch Program



## Starchy

### Fresh, frozen and canned

- Black-eyed peas, fresh (not dry)
- Cassava
- Corn
- Cowpeas, fresh (not dry)
- Field peas, fresh (not dry)
- Green bananas
- Green peas
- Hominy, whole (canned, drained)
- Jicama
- Lima beans, green (not dry)
- Parsnips
- Pigeon peas, fresh (not dry)
- Plantains
- Poi
- Potatoes
- Taro
- Water chestnuts
- Yautia (tannier)

## Other

### Fresh, frozen and canned

- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Bean sprouts, cooked only (for food safety), e.g., alfalfa, mung
- Beans, green and yellow
- Beets
- Breadfruit
- Brussels sprouts
- Cabbage (green, red, celery Napa)
- Cactus (nopales)
- Carrots, rainbow (e.g., pink, purple, red, white, & yellow)
- Cauliflower
- Celeriac
- Celery
- Chayote (mirliton)
- Chives
- Cucumbers
- Daikon (oriental radish)
- Eggplant
- Fennel
- Garlic
- Green chili peppers
- Green onions (scallions)
- Green peppers
- Horseradish
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Olives
- Onions (white)
- Peas in pod, e.g., snap peas, snow peas
- Pepperoncini
- Pickles (cucumber)
- Purple peppers
- Radishes
- Rhubarb
- Sauerkraut
- Seaweed
- Shallots
- Snap peas
- Snow peas
- Tomatillo
- Turnips
- Wax beans
- White sweet potatoes
- Yellow peppers
- Yellow summer squash
- Zucchini squash

# Added Sugars: Product-Based Limits

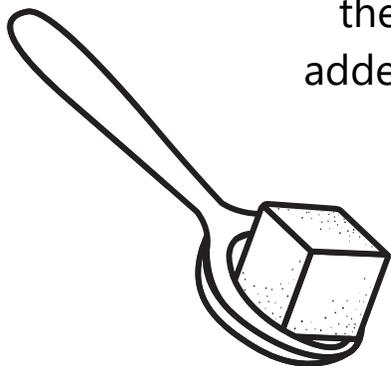
## Phase 1

School Year 2025–26  
Product-Based Limits

## Phase 2

School Year 2027–28  
Overall Weekly Limit

Added sugars information is listed on the Nutrition Facts Label. Only the added sugars count toward the limits.



Includes 1g Added Sugars

Cereal	
Nutrition Facts	
1 Serving Per Container	
<b>Serving Size</b>	1oz
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
	% Daily Value
<b>Total Fat 2g</b>	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 140mg</b>	6%
<b>Total Carbohydrate 21g</b>	8%
Dietary Fiber 3g	11%
<b>Total Sugars 1g</b>	
Includes 1g Added Sugars	2%
<b>Protein 4g</b>	8%
<b>Vitamin D 2.8mcg</b>	15%
<b>Calcium 90mg</b>	6%
<b>Iron 9.00mg</b>	50%
<b>Potassium 180mg</b>	4%

Breakfast Cereals	Yogurt	Flavored Milk
 <p>No more than 6 grams of added sugars per dry ounce.</p>	 <p>No more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).</p>	 <p>No more than 10 grams of added sugars per 8 fluid ounces or 15 grams of added sugars per 12 fluid ounces</p>

Flavored Milk: No more than 10 grams of added sugars per 8 fluid ounces

Serving Size Volume (fl oz)	Serving Size Volume (ml)	Added Sugars Grams (g)
If the volume is:	If the volume is:	Added Sugars must not be more than:
8 fl oz	236 ml	10 g
12 fl oz	355 ml	15 g

**Breakfast Cereal: No more than 6 grams of added sugars per dry ounce**

Serving Size Net Weight (oz)	Serving Size Net Weight (g)	Added Sugars Grams (g)
If the net weight is:	If the net weight is:	Added Sugars must not be more than:
5/8 oz	17 g	3 g
1 oz	28 g	6 g
1 1/16 oz	30 g	6 g
1 1/8 oz	31 g	6 g
1 3/16 oz	33 g	7 g
1 1/4 oz	35 g	7 g
2 oz	56 g	12 g

You can also multiply the Net Weight (oz) of a cereal bowl by a factor of 6 to determine the added sugars limit:

$$\text{Added Sugars Limit (grams)} = \text{Net Weight} \times 6$$

**Yogurt: No more than 12 grams of added sugars per 6 ounces**

Serving Size Ounces (oz)	Serving Size Grams (g)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars must not be more than:
2 oz	57 g	4 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g

You can also multiply the Net Weight (oz) of the yogurt by a factor of 6 to determine the added sugars limit:

$$\text{Added Sugars Limit (grams)} = \text{Net Weight} \times 2$$

# Smart Snacks Reference Sheet—Foods

The Smart Snacks in School standards require all foods sold on “school campus” during the “school day” to meet standards for fat, saturated fat, trans fat, sugar, and sodium while promoting products that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredient.

Follow the steps to determine if a food item meets the Smart Snack standards.

## Step 1: Does the item meet one of the following exemptions?

- **Fresh fruits and vegetables** (with no added ingredients except water).
- **Canned and frozen fruit** (with no added ingredients except water or are packed in 100% juice, extra light or light syrup).
- **Canned vegetables** (low sodium and no-salt added allowed, no added fat).
- **NSLP/SBP entrée items\* sold ala carte on day of OR day after service in NSLP/SBP**  
\*entrée item= intended as the main dish. A combination meat/meat alternate and whole grain-rich and/or enriched grain food; a combination fruit/vegetable and meat/meat alternate food; a meat/meat alternate food alone (with the exception of meat snacks, i.e., beef jerky), yogurt, cheese, seeds and nuts, or meat snacks); a whole grain-rich and/or enriched grain Breakfast entrée.

Yes



Item meets Smart Snack standards—**no need to evaluate further**

No



**Proceed to Step 2**

## Step 2: Does the item meet ONE of the General Standards?

Standard	Notes
• <b>Whole grain-rich product</b>	Must be 50% or more whole grain by weight or first ingredient must be a whole grain (OK if water is listed first).
• <b>First ingredient is a fruit/vegetable/dairy product or protein food</b>	Dried/dehydrated fruits or vegetables meets the general standards Exception: dehydrated or concentrated fruit juice or concentrated fruit puree is considered added sugar and does not meet the general standard.
• <b>Combination food that contains at least 1/4 cup of fruit and/or vegetable</b>	Combination food: Food that contains two or more components representing two or more of the food groups: fruit, vegetable, dairy, protein or grains. Two items packaged together can be considered a combination food.

Yes



**Proceed to Step 3**

No



Item does **not** meet Smart Snack standards

### Step 3: Does the item meet ALL of the Nutrient Standards?

Exemptions			
	<b>Entrée</b>	<b>Snack</b>	<ul style="list-style-type: none"> <li>Entrée= Intended as a main dish. A combination meat/meat alternate and whole grain-rich and/or enriched grain food; a combination fruit/vegetable and meat/meat alternate food; a meat/meat alternate food alone (with the exception of meat snacks, i.e., beef jerky), yogurt, cheese, seeds and nuts, or meat snacks); a whole grain-rich and/or enriched grain Breakfast entrée.</li> </ul>
<b>Calories</b>	≤ 350	≤ 200	<ul style="list-style-type: none"> <li>No exemptions</li> </ul>
<b>Sodium</b>	≤ 480	≤ 200	<ul style="list-style-type: none"> <li>No exemptions</li> </ul>
<b>Total Fat</b> ≤ 35% of calories			<ul style="list-style-type: none"> <li>Reduced fat cheese (includes part-skim mozzarella)</li> <li>Nuts, seeds and nut/seed butters</li> <li>Items consisting of only dried fruit with nuts/seeds (no added nutritive sweeteners or fats)</li> <li>Seafood (no added fat)</li> <li>Whole Eggs (no added fat)</li> <li>Bean Dip, Hummus &amp; any other bean dip made from a variety of beans, peas or lentils</li> </ul>
<b>Saturated Fat</b> < 10% of calories			<ul style="list-style-type: none"> <li>Reduced fat cheese (includes part-skim mozzarella)</li> <li>Nuts, seeds and nut/seed butters</li> <li>Whole eggs (no added fat)</li> <li>Items consisting of only dried fruit with nuts/seeds (no added nutritive sweeteners or fats)</li> </ul>
<b>Sugar</b> ≤ 35% (of weight from total sugars)			<ul style="list-style-type: none"> <li>Dried whole fruits or vegetables and dehydrated fruits or vegetables (with no added nutritive sweeteners)</li> <li>Dried whole fruits or vegetables and dehydrated fruits or vegetables with nutritive sweeteners that are required for processing and/or palatability (i.e. cranberries or tart cherries)</li> <li>Items consisting of only dried fruit with nuts/seeds (no added nutritive sweeteners or fats)</li> </ul>



Item meets Smart Snack standards



Item does **not** meet Smart Snack standards

**To calculate the percentage calories from fat**  
(choose either method – each method may provide slightly different results)

$$\frac{\text{calories from fat}}{\text{total calories}} \times 100$$

$$\frac{\text{grams of fat} \times 9}{\text{total calories}} \times 100$$

**To calculate the percentage of calories from Saturated Fat**

$$\frac{\text{grams saturated of fat} \times 9}{\text{total calories}} \times 100$$

**To calculate the percent of sugar by weight**

$$\frac{\text{grams of sugar}}{\text{total weight of food in grams}} \times 100$$

Nutrition Facts	
Serving Size 1 oz (28g) Serving Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 50
<b>% Daily Values*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 3g	<b>6%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

# Smart Snacks Reference Sheet—Beverages

Beverage Standards			
Beverages	Elementary School*	Middle School*	High School**
<b>Water</b> (Plain or plain carbonated)	No Size limit	No Size Limit	No size limit
<b>Fat-Free or Low-Fat (1% milk fat or less) Milk</b> (flavored or unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>100% fruit/vegetable juice</b>	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>100% fruit/vegetable juice diluted with water</b> (with or without carbonation, no added sweeteners)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>Other flavored and/or carbonated beverages</b> (containing ≤ 5 kcal/8 oz or ≤ 10 kcal/20 Oz)	Not allowed	Not allowed	≤ 20 fl oz
<b>Other flavored and/or carbonated beverages</b> (containing ≤ 40 kcal/8 oz or ≤ 60 kcal/12 oz)	Not allowed	Not allowed	≤ 12 fl oz
*Must be caffeine free (except trace amounts of naturally occurring caffeine substances) **May contain caffeine			

## Coffee and Coffee Drinks

- **Plain Coffee or Espresso or Tea is considered an allowable beverage**
- **Coffee/Tea with accompaniments:**
  - allowed but must be sold together and meet calorie standards or “other flavored beverages”  
 $\leq .5$  kcal/oz (20 or less) **OR**  $\leq 5$  KCAL/OZ (12 oz or less)
- **Coffee “drink”**
  1. Allowed when made from two allowable beverages/in allowed amounts (nothing added)
    - i.e. espresso + steamed nonfat flavored/unflavored milk (total size  $\leq 12$  fl oz)
    - i.e. espresso + steamed low fat unflavored milk (total size  $\leq 12$  fl oz)
    - i.e. espresso + steamed nonfat flavored milk + ice (total size  $\leq 12$  fl oz)
  2. When made with anything other than or in addition to allowable beverages must meet “other flavored beverages” calorie standards of  $\leq 5$  kcal/oz (12 oz or less)  
Calories from allowed beverages are NOT included / Final beverage size may NOT exceed 12 fl oz
    - i.e. 1 oz espresso + 1 oz sugar free syrup + 10 oz of nonfat milk (total size  $\leq 12$  fl oz)
    - i.e. 1 oz espresso + 1 oz sugar free syrup + 6 oz of nonfat milk + 4 oz crushed ice (total size  $\leq 12$  fl oz)

## Smoothies

- **Smoothies as a Food**
  1. As an Entrée: if it contains a M/MA + fruit or vegetable; the first ingredients is one of the main food group categories and it meets nutrient standards for an entrée
    - i.e. yogurt + fruit + milk
  2. As a Snack: if it contains no meat/meat alternate; the first ingredient is one of the main food group categories and it meets nutrient standards for a snack
    - i.e. fruit + milk
- **Smoothies as a Beverage**
  1. Allowed when made from two allowable beverages and when limited in portion size
    - i.e. 100% juice + nonfat or low fat (1% milkfat or less) unflavored or flavored milk (total size  $\leq 8$  fl oz grade school/ 12 fl oz middle/high school)
    - i.e. 100% juice + nonfat unflavored milk + ice (total size  $\leq 8$  fl oz grade school/ 12 fl oz middle/high school)
  2. When made with anything other than or in addition to allowable juice/milk must meet “other flavored beverage” calorie standards of  $\leq 5$  kcal/oz (12 oz or less)  
Calories from allowed beverages are NOT included / Final beverage size may NOT exceed 12 fl oz